



HANDsupport.org

Bay Area Pregnancy and Infant Loss Support Groups (at no charge)

HAND of the Bay Area (Helping After Neonatal Death): All-volunteer peer support organization for pregnancy loss and infant death with chapters serving the North Bay (Marin/Sonoma), San Francisco, San Mateo, Santa Clara, and Santa Cruz. HAND of the Bay Area offers several different types of meetings to support bereaved parents at all stages of loss and grief. HAND offers both in-person and virtual meetings.

- **Grief Support Groups** for parents and their adult family and friends during the normal mourning following miscarriage, stillbirth, interruption of a wanted pregnancy after prenatal diagnosis or for maternal health, or infant death in the first year of life. Many parents feel overwhelmed and confused by this devastating loss, and it can help to talk with others who understand and share a similar loss. Our goal is for parents to help other parents, in a safe place to share experiences and feelings, and to support each other through the grieving process.
- **Early Pregnancy Loss Support Group** for women and their partners who have suffered exclusively first trimester pregnancy losses due to miscarriage, missed miscarriage, recurrent miscarriage, chemical pregnancy, ectopic pregnancy, or molar pregnancy.
- **Parenting After Loss Support Group** for parents who have suffered a pregnancy or infant loss and are parenting living children. This group includes parents who are grieving a loss while caring for older children, as well as those who've had prior losses and are parenting subsequent children.
- **Subsequent Pregnancy Support Group** for parents who've had prior losses and are currently pregnant, considering another pregnancy or trying to conceive. Addresses the special emotional needs of subsequent pregnancies.
- **One-on-one Peer Support** for bereaved parents who are looking for more individualized support (via phone, email or video-chat) directly from a HAND volunteer parent who has experienced a similar loss. To be connected with a HAND peer support volunteer, please complete the Peer Support Request Form at <https://forms.gle/wQ282jMHZNTu5K6D8>

For more information about HAND and our support group meeting schedule, please visit HANDsupport.org or contact meetings@HANDsupport.org or (650) 367-6993.

SAND (Support After Neonatal Death): Support group for parents who've experienced pregnancy loss, infant death or the difficult decision to end a pregnancy. The group, through Sutter Alta Bates Summit Medical Center, is open to both Sutter and non-Sutter patients. SAND meets twice a month from 6:30-8pm:

- First Wednesday of the month: in-person 3100 Summit St., first floor conference room, Oakland
- Third Wednesday of the month: online via Zoom. Meeting ID: 2537927265; password: 559648

No registration is required, and the program is free. The SAND voicemail is 510-204-1571.
[SAND \(Support After Neonatal Death\) with an Alta Bates facilitator \(ABSMEC Berkeley\)](#)

Life After Loss: Support group for individuals and couples grieving the interruption of a desired pregnancy after prenatal diagnosis. We hope to create a safe space to meet and connect with others who have had to navigate this unique loss. Meets the first Wednesday of every month from 7- 8:30 PM through UCSF Medical Center, Mission Bay, in San Francisco. The group is open to both UCSF and non-UCSF patients. To attend a meeting please contact Facilitator, Caitlin Castanzo, MS, CGC at 415-269-4687 or Caitlin.Castanzo@ucsf.edu. Meeting flyer: [Life After Loss Flyer](#)

Josie's Place for Bereaved Youth and Families: Facilitated peer support groups being held at no cost. Zoom and in-person groups for children ages 5-8, ages 9-12, teens, young adults ages 18-24 and parents/caregivers (of the youth who attend) who have experienced the death of a parent, sibling, close relative or friend. Headquartered in San Francisco, services are open to families in the Bay Area. Please call Josie's Place at 415-513-6343 or email info@josiesplace.org. Website: josiesplace.org

Circle of Care at East Bay Agency for Children: Virtual peer support groups for Alameda County children, teens and their families / caregivers who are coping with the death of a loved one. Also virtual workshops called Resilient Parenting for Bereaved families with practical tools for helping grieving children; and virtual Spanish-speaking peer support group for grieving adults. Services are offered at modest cost, on a sliding scale based on financial means, although no one is turned away for lack of funds.

Call 510-531-7551 ext. 3195 or email circleofcare@ebac.org. Website: ebac.org/services/family.asp.

Also:

Grupo Amparo (en Español): Spanish language grief support for pregnancy loss and infant death in the first year of life. Please call facilitator Julie Mitra at 415-310-8201 for this free information and support.

StarVista: San Mateo County's 24-hour crisis, suicide prevention and support hotline: 650-579-0350. StarVista can contact HAND of the Bay Area for a volunteer bereaved parent to return the call within 24 hours. Website: star-vista.org

Kara: Grief support for children, teens, families and adults in English and Spanish. Support is donation or fee based. Located in Palo Alto and offering in-person and video support. Call 650-321-5272. Website: kara-grief.org.

The Compassionate Friends: Support groups nation-wide for families who have lost a child at any age, from any cause. Call TCF's National Office at 877-969-0010; or email nationaloffice@compassionatefriends.org.

See chapter locator, bereavement and support information at website: [compassionate friends.org](http://compassionatefriends.org).

- **Marin County:** Call 415-457-3123 or email tcfmarin@gmail.com. Website: www.tcfmarin.org
- **San Francisco/Peninsula:** Email sfcompassion@gmail.com Website: <https://www.compassionatefriends.org/chapter/tcf-san-franciscopeninsula-chapter/>
- **Mid-Peninsula:** Call 415-377-4845 or email tcfburlingameca@gmail.com.
- **Alameda County:** Call Karen 510-457-1089 or email TCFAlamedaCounty@gmail.com
- **Contra Costa County:** Call Nancy at 310-722-5425 or chapter phone line at 925-871-2604, or email tcfccc@yahoo.com
- **Santa Clara County:** Email: judy@lombardodrilling.com or call chapter phone line 408-249-9570
- **Santa Cruz:** In-person and online meetings. Call 831-332-9893 or email tcsantacruz@gmail.com. Website www.tcsantacruz.com